

**Dairy**

Whole milk  
 2% milk  
 Skim milk  
 Buttermilk  
 Whole chocolate milk  
 Lowfat chocolate milk  
 Hot cocoa made with fluid milk  
 Cheese (cubes or slices)  
 Cottage cheese  
 Yogurt

**Protein**

*(select at least one)*  
 Refried beans  
 Meat (cubes or slices)  
 Link sausage  
 Meatballs  
 Chicken slices  
 Scrambled eggs  
 Cooked dry beans/peas  
 Sunflower butter  
 Hard boiled eggs  
 Hummus  
 Greek yogurt  
 Fish  
 Quinoa  
 Cheese (cubes or slices)  
 Cottage cheese

**Grain**

*(select at least one)*

Rye wafers  
 Whole wheat bread/toast  
 Bagel  
 Bran muffin  
 Cereal (enriched)  
 Granola  
 Soft pretzel  
 Rye Krisp  
 Oatmeal cookie  
 Saltines  
 Graham crackers  
 English muffins

Carrot bread  
 Bread sticks  
 Cornbread  
 Raisin bread  
 Biscuits  
 Whole wheat crackers  
 French bread  
 Syrian flat bread  
 Cinnamon toast  
 Whole wheat buns  
 Blueberry muffin  
 Boston brown bread  
 Tortillas (corn or flour)  
 Pumpernickel bread

Spoon bread  
 Cinnamon bread  
 Waffle square  
 Zweiback  
 Pilot bread  
 Rice  
 Bulgur  
 Macaroni

**Fruits/Vegetables**

*(select at least two)*

Juice: apple, orange, tomato,  
 pineapple, grapefruit, prune  
 Strawberries  
 Bananas  
 Pineapple (chunks or slices)  
 Peach slices  
 Apple slices  
 Apple sauce  
 Cucumber chunks  
 Fresh fruit cup  
 Orange slices  
 Pear slices  
 Mandarin orange slices  
 Melon chunks  
 Seedless grapes  
 Tangerines  
 Plums  
 Tomatoes  
 Vegetable sticks

Prunes  
 Baked apple  
 Fruit cocktail  
 Raw cauliflower  
 Raw cabbage  
 Raw broccoli  
 Apricots (dried or fresh)  
 Cantaloupe  
 Grapefruit  
 Beans  
 Carrot sticks  
 Sweet potatoes  
 Avocado  
 Mango  
 Smoothie  
 Kale  
 Raisins  
 Kiwi

**“More-in-One’s”**

Veggie Scrambled Eggs  
 Quesadillas  
 Sweet Potato Pancakes  
 Broccoli Cheddar Bites  
 Smoothie  
 Banana bread  
 Zucchini bread



## LUNCH POLICIES

Lunch is an important part of the day for your child.

**A balanced lunch needs to contain:**

**1 protein serving**

**1 bread serving**

**2 different servings of fruits & vegetables**

The Center will provide 100% apple juice as a drink. This can be counted as 1 serving from the fruit group. Please check prepared food labels for protein content.

Please check prepared food labels for protein content. Also, fruit snacks (eg, Fruit Roll-Ups), and candy are “empty” calories and cannot be considered as meeting any of the above food groups. Please make sure your child’s lunch is packed in a lunch box marked with his/her name. Be sure food is kept at the correct temperature.

**For Hot Foods:** Heat food to a safe temperature, then use a thermos to keep the food hot.

**For Cold Foods:** Use a cold pack to keep food needing refrigeration at the proper temperature.

Lunch will begin between 11:30 and 11:45AM each day.

## NO PEANUT/TREE NUT POLICY

We are seeing an increase in the number of nut allergies among children. These allergies are often life-threatening. Therefore, we have adopted a No Peanut/Tree Nut policy. We view this as “*pikuach nefesh*”—our responsibility of saving a soul. No Peanuts/Tree nuts means that there are no peanut/tree nut products in any of our children’s lunches; examples of this would be: peanut butter, cashew butter, almond butter.

We realize that this is an inconvenience to those families without nut allergies. However, we have provided a list of food alternatives on the back.

If you have any questions, please consult the Early Childhood director.

